

How Can Help Me Grow Support You and Your Practice?

As a healthcare professional, you understand the critical importance of early detection and intervention in the patients you serve. Help Me Grow supports you in caring for your patients by providing the following services:

- ▶ Free developmental screenings through the Ages & Stages Questionnaires®
- ▶ Parenting tips, activities, and useful information
- ▶ Referrals and connections to available community resources
- ▶ Follow-up with families to ensure children receive the services they need
- ▶ Shared outcomes of our care coordination efforts to strengthen the relationship between you and your patient



How Does Help Me Grow Maine Work?

Provider refers family to HMG Maine.

HMG provides child development information and offers developmental screening.

HMG refers families to local child development and wrap-around services.

HMG follows-up with family to ensure successful connection to services and offer additional screenings.

If necessary, HMG makes additional referrals.

Did You Know?

91% of Maine children received a preventive medical visit in the past year, well above the national average of 82%.

2 in 3 Maine children age 9 months to 3 years have **not** received a developmental screening.

Almost 1 in 4 Maine children have a special health care need.





Help Me Grow Maine

Does Your Practice Promote Developmental Monitoring and Surveillance?

Learn The Signs. Act Early. Milestone checklists make developmental surveillance easy:

- ▶ Based on milestones from the American Academy of Pediatrics (AAP)
- ▶ Help you systematically conduct developmental surveillance as recommended by the AAP
- ▶ Correspond with health supervision visits for ages 2 months to 5 years
- ▶ Are completed by parents, preparing them for more accurate responses to developmental screenings

Your baby at 6 months

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

- Social/Emotional Milestones**
 - Knows familiar people
 - Likes to look at himself in a mirror
 - Laughs
- Language/Communication Milestones**
 - Takes turns making sounds with you
 - Blows "kisses" (blows tongue out and blows)
 - Makes squeaking noises
- Cognitive Milestones (learning, thinking, problem-solving)**
 - Plays things in her mouth to explore them
 - Reaches to grab a toy he wants
 - Crawls tips to show she doesn't want more food
- Movement/Physical Development Milestones**
 - Rolls from tummy to back
 - Pushes up with straight arms when on tummy
 - Leans on hands to support himself when sitting

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby had any falls before now?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/actearly.

For more on how to help your baby, visit cdc.gov/Concerned.

Don't wait. Act early can make a real difference!

Logos: Act Early Maine, CDC, The American Academy of Pediatrics, Help Me Grow Maine, 211 Maine.

Does Your Practice Offer Developmental Screenings?

Yes!

Help Me Grow Maine can assist with:

- Follow up support for families
- Updated resource directory for referrals and connections to services
- Enrollment assistance for families
- Parenting tips, activities, and other useful information
- Trainings for staff on developmental monitoring /screening

Not Yet!

Help Me Grow Maine can assist with everything mentioned, PLUS:

- Establish a formal screening process for the practice

How can you connect your patients to Help Me Grow Maine?

INSTRUCT a family to call 211 / Help Me grow during or after a well-child visit.

REFER by completing a referral form found on our website.

CALL 211 and ask for Help Me Grow. Our Resource Specialists will then contact the family.

Non-Discrimination Notice

The Department of Health and Human Services does not discriminate.

Reference:

- This information and layout is brought to you by Help Me Grow Florida. Minor changes have been made to support the Help Me Grow Maine model.
- Title V Maternal and Child Health Services Block Grant: 2020 Needs and Capacity Assessment by Maine Department of Health and Human Services CDC.

